



Aikido Retreat Handbook



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Welcome Aikidoka

The Pacific Aikido Federation's Aikido retreats are held at the CYO camp in Occidental, California twice a year. The retreat center is surrounded by a beautiful costal redwood forest. It has a beautiful and spacious lodge with a large training area. All Aikido practitioners, regardless of rank or affiliation, are invited to participate. However, a participant will get the most out of the retreat if they have a basic grasp of Aikido fundamentals.

General Information

Information and Registration materials are at:

<http://www.pacific-aikido.org/>

Look for "Camps" in events

The camp is held at

CYO Retreat Center

2136 Bohemian Highway - PO Box 188

Occidental, Ca. 95465

707.874.0200



What to expect when you get to camp

A typical day at camp goes like this

(Meditate,) Train, Eat, Train, Eat, Train, *(Meditate,)* Eat, Celebrate, Sleep. Repeat.

Attendees are assigned typically 6 to a cabin, with each person having will have a complete bunk of their own. (Both top and bottom bunks.) Typically people put their luggage on the top bunk and sleep on the bottom bunk. It is a few minute walk from the cabins to the training hall.

The days are dedicated to training Aikido. The classes are spread out throughout the day and many people take little naps between the classes. Those with more energy can train on the open mats or hike in the surrounding forest. The morning and evening meditation classes are optional. In the evenings, we gather together informally to celebrate by talking, playing cards and games, watching samurai movies, and sharing of beer and cheese.

This process repeats itself for a few days, then we are all tired and head home.



The Buddy System

We understand the first time to a new camp can be confusing. We can assign you with an experienced camp attendee that is in the same cabin to answer any questions you might have. A "buddy" can direct you to find the resources you might need.

Other Activities

You will probably be pretty tired from the Aikido, but if you have energy, you can go hiking or swimming. For the non-Aikido spouses, there is shopping and a day spa a short drive away. Also, the camp is located near the heart of California wine country and there are many nice wineries within driving distance.



Optional Zen Meditation

If you have questions about the “how-to” of sitting Zazen, there are several experienced people who would be happy to share that information with you.

Morning meditation starts at about 5:15 am, but if you arrive a bit early there is an opportunity for some tea or coffee before sitting.

Zen training is offered under the guidance of the Center for the Way. This is an organization that offers training to people in Zen, fine arts and the martial arts.

Shiohira Sensei founded this non-profit organization with the personal permission of the late Archbishop Tanouye Tenshin Rotaishi, who was Shiohira Sensei's Zen teacher. He was a Zen and martial arts master and was the Dharma successor of the late Omori Sogen Rotaishi, a well respected master of Zen, kendo and calligraphy in Japan. Shiohira Sensei also received personal instruction from Omori Sogen Rotaishi in Hawaii.

There are no special talks given or rituals performed, just a simple sitting.



What to Bring to Camp

Aikido Stuff

Gi(s) – two or more	Jo (Optional)	Sandals (to walk to training)
Hakama	Bokken (Optional)	Good Attitude

Normal items

Sleeping bag (or blankets)	Personal grooming items (toothbrush, comb...)	
Pillow	Towel (for showers)	
Alarm clock	Soap (for showers)	
Normal clothes (for meals)	Ear plugs	
Clothes (Layers for winter)	Hangers	
Flashlight	Reading light	

Optional items you might bring

Hiking boots	Beer or Wine to share	Swimsuit and sunscreen (for Summer)
Quarters and laundry soap for washing machine to wash Gis	A favorite food to share	Raincoat and Umbrella (for winter)
	Vitamins	Bathrobe (for walking to the showers)

If you are sensitive to noise while you sleep, you may want to bring ear plugs.

If you forget something we can usually accommodate it at the camp or there is a small town a 15 minute drive to emergency items.



Do you need...

The following is a listing of local services. These services are not associated with the camp and must be contacted by you independent of camp activities.

Given that the camp is in the redwoods, these services are usually located within a 10-40 minute drive.

Local hotels

See full list in Appendix #1 of local hotels

Local spa (a very close drive to camp)

<http://www.osmosis.com/>

Shopping

Occidental and Sebastopol

Local day care

Ryan Family Child Care

[Ryan Family Child Care's www.ryanfamilychildcare.com](http://www.ryanfamilychildcare.com)

Santa Rosa, CA

Phone: (707) 843-1654

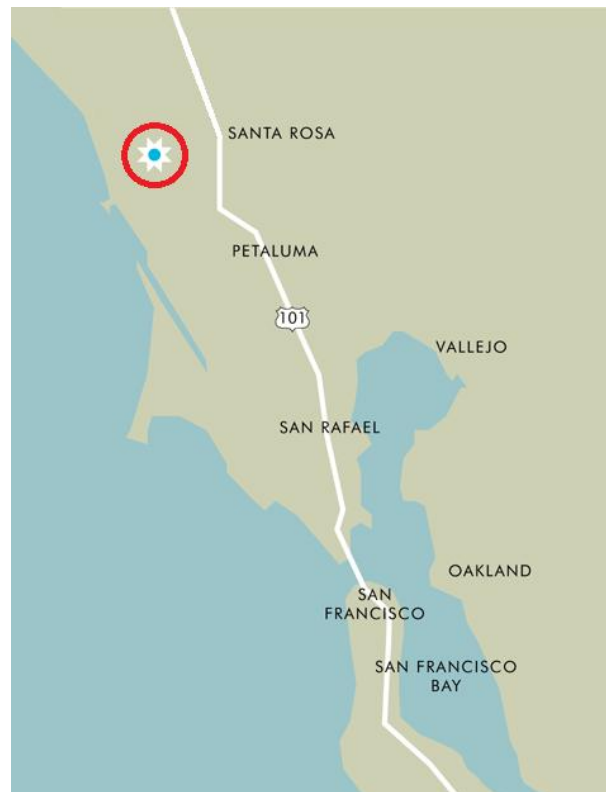
[More info](#)

CASTLE Child Care

[CASTLE Child Care's sebastopolschools.org/castlechildcare.html](http://sebastopolschools.org/castlechildcare.html)

7611 Huntley St, Sebastopol, CA

Phone: (707) 829-4578



Appendix 1 – Local Hotels

Accommodations in are provided as part of the camp in group cabins. However if you have special needs, such as bringing a spouse or children, there are some local hotels that can better accommodate you. The following is a listing of local services. **These services are not associated with the camp and must be contacted by you independently.**

Name	Location	Distance	Phone
Applewood Inn	Russian River	30 Minutes	800 555-8509
Avalon Luxury Inn	Sebastopol	15 Minutes	707 824-0880
Bodega Bay & Beyond	Bodega Bay	20 Minutes	707 875-3942
Bodega Bay Best Vacation Rentals	Bodega Bay	20 Minutes	707 481-7696
Bodega Bay Lodge	Bodega Bay	20 Minutes	707 875-3525
Bodega Coast Inn	Bodega Bay	20 Minutes	707 875-2217
Casa Carolina	Sebastopol	15 Minutes	707 823-3543
Casa de Flores	Freestone	10 Minutes	707 823-8169
Case Ranch Inn	Forestville	30 Minutes	707 887-8711
Chanslor Guest Ranch	Bodega Bay	30 Minutes	707 875-2721
Creekside Inn	Russian River	30 Minutes	707 869-3623
Dillon Beach Vacation Rentals	Bodega Bay	20 Minutes	707 878-2204
Downtown Santa Rosa Hotels	Santa Rosa	30 Minutes	888 532-5115
Farm House Inn	Russian River	30 Minutes	707 887-3300
Fern Grove Cottages	Guerneville	30 Minutes	888 243-2674
Ferrando's Hiway Cottages	Pt. Reyes Station	30 Minutes	415 663-1966
Fox Barn Villa	Russian River	30 Minutes	707 481-0868
Full House Farm	Sebastopol	15 Minutes	707 829-1561

Name	Location	Distance	Phone
<u>Guesthouse at the Farm</u>	Sebastopol	15 Minutes	707 823-0848
<u>Highland Dell Resort</u>	Monte Rio	15 Minutes	707 865-2300
<u>Honor Mansion</u>	Healdsburg	40 Minutes	707 433-4277
<u>Hotel La Rose</u>	Santa Rosa	30 Minutes	707 579-3200
<u>Inn at Occidental</u>	Occidental	10 Minutes	707 874-1047
<u>Inn at the Tides</u>	Bodega Bay	20 Minutes	707 875-2751
<u>Jenner Inn</u>	Jenner	40 Minutes	800 732-2377
<u>Madrona Manor</u>	Healdsburg	40 Minutes	707 433-4231
<u>Marriott</u>	Sebastopol	15 Minutes	707 829 6677
<u>Monte Rio Cottages</u>	Monte Rio	20 Minutes	707 865-4161
<u>Negri's Occidental Hotel</u>	Occidental	10 Minutes	707 874-3623
<u>Neon Rose</u>	Pt. Reyes Station	30 Minutes	800 358-8346
<u>Nick's Cove</u>	Marshall	40 Minutes	415 663-1033
<u>Occidental Cottage</u>	Occidental	10 Minutes	707 874-3669
<u>Raccoon Cottage</u>	Sebastopol	15 Minutes	707 545-5466
<u>RedAwning Vacation Rentals</u>	Occidental	10 Minutes	888 733-2964
<u>Rio Villa Beach Resort</u>	Monte Rio	20 Minutes	877-746-8455
<u>River's End</u>	Jenner	40 Minutes	707 865-2484
<u>Russian River Getaways</u>	Russian River	30 Minutes	707 869-4560
<u>Russian River Vacation Homes</u>	Guerneville	30 Minutes	707-869-9030
<u>Santa Nella House B&B</u>	Guerneville	30 Minutes	877 869-9488

Name	Location	Distance	Phone
<u>Sebastopol Inn</u>	Sebastopol	15 Minutes	800 653-1082
<u>Sebeastopol Garden Cottage</u>	Sebastopol	10 Minutes	707 823-6655
<u>Sonoma Orchid Inn</u>	Guerneville	30 Minutes	707 869-4466
<u>Sunrise Ridge Retreat</u>	Occidental	10 Minutes	707 874-1103
<u>The Gables</u>	Santa Rosa	30 Minutes	707 585-7777
<u>The Inn at Duncan Mills</u>	Duncans Mills	40 Minutes	707 865-1855
<u>The Radford Inn</u>	Healdsburg	40 Minutes	800 887-9503
<u>The Teahouse Inn</u>	Monte Rio	30 Minutes	707 865-2763
<u>Village Inn & Restaurant</u>	Monte Rio	15 Minutes	707 865-2304
<u>Vine Hill Inn</u>	Sebastopol	15 Minutes	707 823-8832
<u>Vintner's Inn</u>	Santa Rosa	30 Minutes	707 575-7350
<u>Windsong Cottage</u>	Pt. Reyes Station	30 Minutes	415 663-9695